Amendments to the Specification

In the Abstract, please amend the following.

In an example embodiment, a [[A]] clock generation circuit ~~comprising~~ comprises two programmable ring oscillators ~~(10, 20)~~ arranged and configured to operate in a mutually exclusive manner, and a variable programmable delay element (not shown). An input programming pattern ~~(14)~~ is provided as an input to the oscillating circuit, the programming pattern ~~(14)~~ providing data representative of the sequence of frequencies at which the clock signal is required to be generated. The outputs of both the oscillators ~~(10, 20)~~ are connected to a clock switch (16), from which the generated clock signal ~~(18)~~ is output. When a request ~~fro a~~ for a change of frequency is received, the currently idle oscillator ~~(20)~~ is first activated with the next required frequency, the output of the currently operative oscillator ~~(10)~~ is then gated when the clock signal thereof goes low. Next, the previously gated output of oscillator ~~(20)~~ is ~~ungated~~ un-gated when its output goes low, and then oscillator ~~(10)~~ is de-activated.

~~Fig. 1~~